Mother's Day Nature Activities Help Us Honor Our Human Mother and Mother Earth

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SAN JUAN ISLAND, Wash., May 7 /PRNewswire/ -- "We each have three mothers and an online Mother's Day activity now enables us to express our love for each of them," says Dr. Michael J. Cohen, the director of Project NatureConnect at Akamai University and the Institute of Global Education. The three mothers he refers to are identical with respect to birthing and nurturing our lives; we know and love them as our human mother, Mother Nature and Mother Earth. Each is a living being whose womb makes our prenatal and postnatal life possible; each deserves our greatest respect and thanks for their motherhood.

Project NatureConnect's means to embrace and honor our three mothers for Mother's Day is accomplished by doing a remarkable Valentine activity with them that is available on the Internet at http://www.ecopsych.com/giftmotherval.html

Cohen, author of "Educating, Counseling and Healing With Nature," notes that due to oil spills, global warming and many other threats to life in balance and peace, our human and planet mothers are at risk, as are we, their children. "This is due to the excessively nature-separated ways in that we learn to think and feel," he says. "Our Mother's Day activity empowers each of us to breach that destructive gap."

The pioneering mission of Project NatureConnect (PNC) is to help our thinking tap into the renewing intelligence and love of nature's ways, in and around us. The online program's subsidized, UNESCO-approved training courses and degrees enable us to make conscious sensory contact with the life-nurturing energy of the eons that flows through natural areas, backyard or backcountry. It teaches us how to strengthen this purifying and healing power in ourselves and others while visiting a natural area. It is well known that a good experience in nature rewardingly uplifts our spirit. It unites our thoughts and feelings with Mother Nature and all her children.

A PNC participant wrote: "The activities in this program helped me appreciate every part of a natural setting. From lichens to sow bugs to mountain vistas to a front of clouds moving in from the west, it is hard not to sense Mother Earth as alive and that I'm part of its life. No wonder indigenous people who live intimately within nature see the land as a living being, a god or goddess, a flesh like their own. I feel like Mother Earth is a baby. The sun cuddles us with its rays and shows its never failing love of Earth. We are loves of the planet and the quality of its life depends upon our love for it."

Other links that help us honor our three mothers are:

http://www.ecopsych.com/earthrights.html

http://www.ecopsych.com/mothersday.html

http://www.ecopsych.com/livingplanetearthkey.html

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Contact Mike Cohen at 360-378-6313, email nature@interisland.net

Further information: http://www.ecopsych.com

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